

## Web Resources



Pages for your own personal health record are available at [www.erie.gov/depts/seniorservices/health/personal\\_health.asp](http://www.erie.gov/depts/seniorservices/health/personal_health.asp)

Other resources available:

Robert S. Stall, MD, Internist/  
Geriatrician at  
[www.acsu.buffalo.edu/~drstall/](http://www.acsu.buffalo.edu/~drstall/)

Healthpac at  
[www.educatedhealthcare.com](http://www.educatedhealthcare.com)

The New York State Health Department has a publication entitled, "Do I have the right to see my medical records? YES". It is available on the New York State Health Department Web Site: [www.health.state.ny.us/home.html](http://www.health.state.ny.us/home.html) (Use the search option on the site to locate the title of the brochure.)



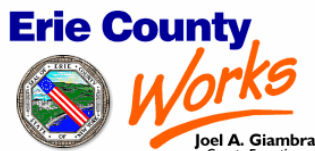
## Wise & Well Program

### Erie County Department of Senior Services Wise & Well Program

C/O Dorothy Levitt, R.N., M.S.  
95 Franklin St--13th Floor  
Buffalo NY 14202

Phone: (716) 858 8081  
Fax: (716) 858 7259  
Email: [levittdd@erie.gov](mailto:levittdd@erie.gov)  
[www.erie.gov/depts/seniorservices/health/personal\\_health.asp](http://www.erie.gov/depts/seniorservices/health/personal_health.asp)  
Brochure Contents © Dorothy Levitt, 2000

**For information on services for seniors in Erie County, call (716) 858-8526.**



Joel A. Giambra  
County Executive

Pamela M. Krawczyk  
Commissioner

## Erie County Department of Senior Services Wise & Well Program



### *Keeping a Personal Health Record*

*"Creating environments  
that support and  
enhance our  
community's health"*

**Tel: (716) 858 8081**

## ***Gathering Important Health Information***

Have you had the experience of consulting with multiple health care providers and struggled with answering questions about your health history or that of a family member?

***“Wouldn’t it be great to have that information in one place?”***

There was a time when a doctor might have known your entire family, visited your home, and known your health and personal history by heart. Although this still may happen, it is also often true that you may have new physicians and health specialists who may not share clinical information in a seamless fashion.

***“Start with a three-ring notebook or folder for each family member’s health information.”***

Begin today, by putting your health information in one spot. Include a copy of a recent health history form or complete a master history form. Ask for copies of your health test results.



## ***Information You Can Include in Your Personal Health Record***

**Emergency Information** (Who should be notified in an emergency? Include names, addresses, phone numbers and how they can be reached. Post the emergency contact *Refrigerator Card* on your refrigerator.)

**Health Log** (Record health activities & contacts with providers. This can be especially helpful for caregivers who are working with multiple health care providers.)

**Health Satisfaction Survey** (What areas of health are you satisfied with? What areas could use improvement?)

**Health Goals** (It’s nice to know where you are heading!)

**Names of family and friends** (Include a listing of household members. Our social support system is essential for our health and well-being.)

**Health Care Providers** (Include name, address, and phone number)

**Nutritional Matters** (Include a diet history and any special dietary needs or plan.)

**Physical Activity** (Describe your plan for keeping physically active.)

**Immunizations** (Include providers, names of immunization, and date of administration.)

**Medications** (Include any prescription medication, over the counter preparations, vitamins, and herbs, with their names, dosages, the reason you take them, and their effectiveness.)

**Screenings & Tests** (Include the test, date, result, and the provider. You may include the following: blood pressure, pulse, weight, cholesterol, breast, cervical, or prostate screening, colorectal screening, bone density test results.)

**Health History** (You may include information about allergies, operations, X-rays, dental visits, eye exams, health and medical exams, and family health history.)

**Health Insurance Information**

**Advance Health Care Planning** (Include a completed health care proxy and organ donation information.)

***Keep Your Record Handy***

The next time you visit a new health care provider, or wonder how you reacted to a past medication, you will easily be able to retrieve the information (even if you are on vacation!) You will be pleasantly surprised to find that you can keep it all together.